

Promoting Recovery in Mental Illness: A Shared Decision Making Program

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The ACT Center of Indiana is a research and training center devoted to helping organizations provide services to adults with severe mental illness that are based on the best research evidence and that promote recovery. One way to promote recovery is to help consumers of mental health services work more collaboratively with treatment providers – “shared decision making”. We have a study funded by NIMH focused on a novel approach to shared decision making that includes a decision support center within a mental health clinic that incorporates computer technology, peer support, and the coaching of both providers and consumers. Here we will describe our current study which uses CommonGround, a software program used to promote shared decision making. We will present examples of how the program operates and have tools available for people to help determine how much shared decision making they have with their own doctors as well as tools to help them be more active in working with their doctors.